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other little comforts which are possible. If no doctor is in attendance it may be allowable to give from three to five drops of spirits of camphor in a cup of hot sweetened water.

Some old people are tormented with formication or an exaggerated itching sometimes very difficult to relieve, and which naturally increases restlessness and wakefulness. Bathing with hot water, or salt or soda water, may help. Massage is the only thing which will relieve others. For very hot feet, which occasionally trouble some old people, wet a wash cloth in cool water and wrap about each foot for two or three minutes and pat dry.

The hardest thing in caring for old people is to succeed a well-loved nurse or to relieve her for a vacation. In such a circumstance my last shred of courage faded when taking care of one dear old lady, and I made a joyful escape on the return of the nurse. However, out of that experience there was and still is no little amusement for me. One of her favorite occupations was to rock herself back and forth, sitting bolt upright in her chair, and exclaim over and over for half an hour or longer at a time: "Oh, dear, oh dear, and oh dear, oh dear!" even when I made what I thought were well-directed efforts at diverting her with more entertaining things. One day her wailing was modified by memories of her long, peaceful, and pleasant life, and for an hour or more to the refrain of "oh dear, oh dear, and oh dear, oh dear," she added: "If I hadn't been so good, oh dear, oh dear! I never had a chance to be anything else, oh dear, oh dear! I've always been so protected and so well cared for, and oh dear, oh dear, and oh dear, oh dear! Isn't it awful, oh dear, oh dear!" This was too much, and I was obliged to make a hasty escape in order to recover a properly sober countenance and a calm voice.

HOUSEHOLD HYGIENE

By ISABEL McISAAC

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V

PLUMBING

IN the construction of a house economy in materials may be practiced in many points without detriment to the household welfare, but the system of plumbing is not one of them. Good plumbing properly installed is very expensive in the beginning, while poor plumbing badly constructed is a constant expense, and a source of danger to the health of the family.

If the woman of the family has any voice in the matter she should make a study of the subject and acquaint herself with the best and most convenient appliances, should have an intelligent idea of the mechanism of traps, water-closet basins, etc., as well as an understanding of the proper arrangement of pipes as to place, joining, ventilation, and light. This study should be made before the plumbing is installed, otherwise great expense may be incurred in correcting mistakes, or the system may be a source of annoyance or danger so long as the house stands. Presumably when one builds a house it is for permanent occupancy, and the family are unable to "flit," as the Irish say, if the plumbing is bad, as might be done from a rented house or apartments; hence the great importance of knowing what one can and should have, and how it should be constructed. Our fathers and grandfathers attended to such things in their day, but in our generation it usually falls to the wife to supervise it (unless she happens to be unusually dense), and she will save herself much tribulation by a due amount of foresight.

There are a few points which must be insisted upon even if one's knowledge is very limited.

The soil-pipe, which is the main pipe into which all of the drains from tubs, sinks, etc., enter, should be of iron and never of lead, which sags, bends, and is easily broken by nails or the gnawing of rats. Soil-pipes are usually made of two different weights, of which always choose the heavier, for the breaking and removal of a soil-pipe means vacating the house.

All pipes entering the soil-pipe should be joined obliquely, and not at right angles, which obstructs the flow of sewage and causes an accumulation of filth which gives rise to offensive gases, which may be forced into the house. In hot climates the soil-pipe may be put on the outside of the house-wall, but obviously this would be out of the question in the North.

All connecting pipes should be "open," that is, should never be placed between walls nor beneath floors, and as far as possible all pipes and joints should be placed opposite the windows, rather than along the same wall, thus giving a much better light for detecting leaks and for making repairs.

Traps are of many patterns, from the simple *S*-trap to very elaborate devices, but all are for the same purpose of preventing the return of fluids and odors into the house. Whatever the pattern, find out from the plumber how they work before they are installed, and how they may lose their "seal." If the traps are in good condition it is almost

impossible for the sewer air to force an entrance into the house, and many odors which are designated sewer air are, in reality, the emanations from neglected sinks and water-closets.

All sinks, bathtubs, and lavatory basins are provided with overflow pipes, and one of the most important points in the whole system of plumbing is to see that these overflow pipes enter the water pipes *above* the traps, otherwise they become inlets for sewer air. What are known as the "stand-pipe" outlets are considered the best. A common fault with lavatory basins, sinks, slop-hoppers and laundry tubs is that they are too small, and in consequence walls and floors are spattered and unsightly as well as unclean.

It is usually necessary to have a house-service tank in connection with the system of plumbing, which serves as a storage for the water supplying the hot-water tank and for flushing the water-closets. These tanks are placed in the highest part of the building and are usually difficult to clean, which is no doubt the reason why many of them are so neglected. No matter how pure the water supply may be nor how closely covered the tank, there is always a gradual accumulation of sediment, containing more or less organic matter, which must be removed at regular intervals. Ordinarily this water is not used for drinking nor cooking purposes, as the cold water pipes connect directly with the street mains, and for this reason the service tanks are usually made of wood, except in very **large** hotels or office buildings where the service tanks necessarily supply the water for all purposes throughout the building and the tanks are copper lined. A house may be equipped with the most perfect system of plumbing and have every possible convenience in the way of appliances, and yet on one entering from the fresh air bad odors are encountered; for the daily care or daily neglect record themselves in the atmosphere of the house.

A keen sense of smell and a quick eye for filth are necessities to every housekeeper, and these combined with diligence and soapsuds are usually all that are necessary to remove bad odors.

A five per cent. solution of boiling washing soda and a long handled brush to save one's hands should be used frequently in the kitchen sinks and laundry tubs, especially in the crevices and around the drain board to remove the accumulation due to soapsuds.

Boiling water or solutions should not be used in the water-closet basins, as the heat "sets" the odor of urine and the cleansing or disinfecting fluids should be only slightly above lukewarm. Where there are small children, the water-closet basins need constant oversight to keep them clean, for with the best of intentions youngsters are awkward and prone to accidents.

The most common causes of obstructed waste pipes are bits of cloth, hair, heavy paper, and other impervious materials thrown into the water-closets, and in the kitchen the lack of a sink strain allows lint and particles of food, particularly tea- and coffee-grounds to enter and clog the waste pipes. It is a common saying that coffee-grounds are the plumber's best friends.

In the daily routine care of the household plumbing it should be borne in mind that the filth which comes from neglect is a fruitful source of disease, affording excellent culture media for the multiplication of all kinds of bacteria. Unclean bathtubs and wash basins are especially dangerous in diseases of the skin and eyes, while foul kitchen sinks are large contributors to the spread of typhoid fever, tuberculosis, and diphtheria.

OPHTHALMIA NEONATORUM

By HELENE F. MOLCHIN

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THIS disease is a purulent conjunctivitis appearing from a few hours to the third day after birth and characterized by a discharge of thick, greenish-yellow pus. Untiring effort, watchfulness, and patience form the trinity that finally spells success in the combat against this dread infection, and all the more so inasmuch as the nurse usually has two patients on her hands and with each must guard against the danger of reinfection.

When nursing ophthalmia neonatorum, whether in hospital or private homes, it is absolutely necessary that all utensils and dressings used in the care thereof be kept separate. This is easily managed both in city and country practice and requires, if there is no lavatory in the home or if it be too far removed from the patient, two ordinary hand basins, one in which to scrub and the other for an antiseptic solution, soap, handbrush and towels; then a small pan or basin deep enough to hold the hot water bath for the boric acid flush, two of the ordinary jelly glasses, one for the flush, the other for a solution in which the eye droppers may be kept. The dressings necessary are small cotton pads cut two or three inches square and used to catch the water and discharge while the eyes are being flushed, and sponges are needed to complete the frequent treatments. These last are best made by dipping a small square or piece of cotton in water,—sterile,—rolling it between the palms